



Dover Swims

Dover Recreation

Dover Swims

June 2011

1st Annual Jenny Thompson Swim Clinic

When: Saturday, June 25, 2011, 9AM-6PM

social gathering 5-6 PM

Cost: \$80

Where: Jenny Thompson Outdoor Pool,
Dover, NH

What: The clinic, open to all girls and boys ages 10-19, will include a motivational speech by Jenny Thompson, as well as start, stroke, turn, technique, and sprint instruction by experienced coaches and Jenny Thompson. There will also be activities for fun, such as team and mixed team relays.

No refunds; the clinic will be held rain or shine.

The Seacoast Swim Association will host a full concession stand throughout the day.

Registration forms can be found at
www.seacoastswimming.com.

This clinic is sponsored by the Dover Pools Advisory Committee and all proceeds will go to keeping Dover's pools open.



Jenny Thompson Pool Bathhouse Renovation

By Gary Bannon, Dover Recreation Director

The bathhouse at the Jenny Thompson Outdoor Pool is 34 years old and has never undergone a significant renovation. It is heavily used during the 4 month summer season when the pool is open and it currently requires many improvements and upgrades. The City of Dover has allocated \$185,000 to renovate this building and to add public bathrooms. The project is out to bid and bids are due back July 7th. Construction is scheduled to begin in September in order for it to be completed for the spring 2012 opening.

Most of the renovation work has to do with making the facility meet current code and upgrading the plumbing and finishes so that it is more efficient to maintain. The lighting and ventilation systems will also be improved. We hope that this renovation will result in a significant upgrade to the quality of the facility. We also believe it will match the positive experience swimmers have using the pool itself and reflect the standard of excellence that Jenny Thompson and the City of Dover epitomize.

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Dover Swims June 2011

Triathlon Training Plans

The beginning of the triathlon season is upon us and Dover Recreation will be offering 4 week triathlon training packages to those individuals interested in getting in better shape and seeing their race times drop. Local elite-level triathlete and two time Ironman finisher Vincent Johnson will be coaching the group and will take your swimming and training regimen to a new level. The cost for each 4 week session will be \$85 and will include (2) 1/2 hour swim lessons, above water swim stroke video analysis, online training log and email support from the coach. Programs can be designed with just swimming, running, or biking in mind. Whether you are training for your first Ironman, or looking to do your first sprint triathlon, make race day a PR event by training properly and stay injury free with some help.

Vincent began swimming competitively when he was 13, continued swimming through college and has been competing in triathlons for over 15 years. He has a sound understanding of developing a training program to improve performance at any level.

Don't waste time guessing how to train properly, get the proper guidance now to improve your abilities for years to come. Knowledge is speed.

Please call 516-6441 or stop in at the Dover Indoor Pool for more information.

Summer Swim Lesson Information



It's nearly that time of year again. The City of Dover Recreation De-

partment will be offering four sessions of swim lessons during the summer season. Each session will take place Monday through Friday morning for a period of two weeks for a total of ten classes.

Please note that some of the classes are already full, registrations are ongoing until the class is full or until the first day of the lesson.

Fees: Residents: \$45
Non-residents: \$60

All registrations for swim lessons take place at the Dover Indoor Pool. Proof of residency is required and you may only register family members from your own household.

Registration dates for Sessions 3 and 4 will not take place until later in the summer. Registration dates for these programs will be July 16 for residents and July 23 for non-residents. You may not register for Sessions 3 and 4 before the scheduled registration dates. A full schedule will be made available after July 4th.

Session 1

6/27-7/8

We will have lessons on 7/4!

8:00-8:40 a.m.

Beginner Preschool*

Advanced Preschool*

Level 2

Level 4

Level 6- FULL

8:45-9:25 a.m.

Beginner Preschool*- FULL

Level 1- FULL

Level 2- FULL

Level 3- FULL

Level 5- FULL

9:30-10:10 a.m.

Advanced Preschool*- FULL

Level 1- FULL

Level 2- FULL

Level 3- FULL

Level 4

*Please note that all preschool classes are 30 minutes.

Session 2

7/11-7/22

8:00-8:40 a.m.

Beginner Preschool*

Advanced Preschool*

Level 2

Level 4

Level 6

8:45-9:25 a.m.

Beginner Preschool*

Level 1

Level 2- FULL

Level 3- FULL

Level 5

9:30-10:10 a.m.

Advanced Preschool*- FULL

Level 1

Level 2

Level 3- FULL

Level 4

10:15-10:45 a.m. - Infant/Toddler



Dover Pool Profiles: Jenny Thompson

"No regrets...Everything in life is a learning experience," and what an experience Jenny Thompson has had over the years. From ordinary beginnings at age 7 at the local pool in Groveland, Mass. to twelve Olympic medals, multiple world championships, and most recently being board certified in anesthesiology, Jenny does not merely go with the flow.

Most people know that Jenny is an important person to Dover and the world of sports. Several signs in Dover remind travelers that this is Jenny's home and the Jenny Thompson Outdoor Pool on Route 4 is a noteworthy landmark. Dover as hometown was no accident, however. Jenny and her family chose Dover, in large part because of the opportunities for swimming: a competition size outdoor pool, a year-round indoor pool, an excellent swim team, and excellent coaches. When she moved to Dover at age twelve, she was already making things happen.

According to Wikipedia, "She first appeared on the interna-

tional scene as a 14-year-old in 1987, when she won the 50-meter freestyle and placed third in the 100 m freestyle at the Pan American Games." Seemingly, Jenny was on her way to great things. Despite her high hopes, she failed by a narrow margin to make the Olympic team in 1988. "I used that disappointment as motivation to work my butt off to make the Olympics in 1992....and '96...and '00...and '04," recalls Jenny.

During the next years, Jenny worked hard and swam hard. In addition to the full load of course work that students endure, she shared two of the most meaningful swimming memories:

In 1992, she broke the world record in the 100 meter freestyle at the Olympic Trials. "It was the first event of the first day of the meet, and (I) had no idea I was capable of such things....I just wanted to make the Olympic team and I ended up being the first American in many, many years to break the world record in that event. (It

was a mind blowing experience to fully realize I was that capable."

During her college years, she was part of a dynamo team, "winning the NCAA national championships four years in a row at Stanford University. I loved swimming with those girls- we were like 25 sisters all with common goals...to learn, have fun, and swim fast. We never lost a single meet in four years."

Jenny will be the feature attraction at the swim clinic planned for Saturday, June 25. "My goal is to engage and inspire the community and swimmers of the Seacoast area. Dover is so fortunate to have such an amazing facility and swim team. It brings a fun loving, family oriented, and positive youth experience to town. I hope that everyone will learn something and have a great time."

What is Jenny doing these days? "I've spent the past 6 years or so dedicating my life to medicine and pursuing a career in anesthesiology, so my involvement in swimming has taken a back seat, but I still love it. Swimming has shaped my life in many ways. It made me a better student- I learned that I need to always have an open mind and a willingness to learn in order to improve. I learned that hard work and belief in yourself can take you anywhere you want to be in this world- it certainly helped me get through 9 years of medical training! Now I'm finally a board certified anesthesiologist...it feels great!"



Jenny is Dover's hometown hero. Through her hard work, dedication to self-and team improvement, and advocacy of fair play, she is an example of what a can-do attitude can achieve. No regrets. Welcome home, Jenny!

Giving to the Dover Pools

The first Dover **Pool-a-Thon** fundraiser took place January 23—January 29 and raised nearly \$15,000. All swimmer groups worked hard to seek pledges. The money raised helped the pools financially, but also showed strong community support for the pools and the people who enjoy them. The Pool-a-Thon is over for this year, and the funds for the pools have a good start, but the need for donations continues.

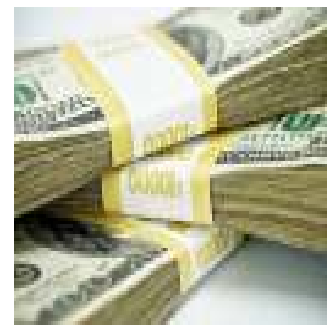
Dover has two funds that were created in 2010 to help the financial situation of the pools. Donation to both funds are tax-deductible.

The **Dover Pool Fund** is a way for people to give directly to the pools. The Dover City Council, with guidance from the pool advisory committee, will decide how this money should be used most advantageously for pool-related expenses. This fund is the more immediate and usable form of donation. If you choose to donate in this way, please make your check payable to the City of Dover Pool Fund and mail to:

Dover Pool Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820

The **Dover Pool Endowment Fund** was created by a generous private citizen to provide financial support for capital improvements and non-personnel related expenses at and for the pools. It is managed with the assistance of a city-appointed board and the city's trustees. As an endowment, only the interest from the fund can be used to support the pools. To donate, please make your check payable to the Dover Pool Endowment Fund and mail to:

Dover Pool Endowment Fund
c/o City of Dover
61 Locust St.
Dover, NH 03820



If you can afford a donation, small or grand, please give and show your support. The Dover City Council needs to see how much the pools mean to all the people of Dover and the region, now and for the future.

Thank you!!



Separating Sunscreen Fact from Fiction

By Michele Bender, Health.com



bellabellaworld.com

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Next time you're scanning the aisles for your summer sun protection, consider that producers of five well-known sunscreen brands are facing a class action lawsuit alleging that their claims mislead consumers about their products' ability to ward off UV rays and prevent skin damage and cancer.

The suit got us thinking: Are we really clear on what sunscreens can and can't do? Maybe not. So we took some of the biggest claims and ran them by experts. You might want to take what they say -- along with the sunscreens they use -- to the beach with you this summer.

Myth No. 1: Sunscreen is all you need to stay safe.

Reality: "Sunscreen is only one part of the sun-protection picture," explains Francesca Fusco, M.D., an assistant clinical professor of dermatology at Mount Sinai Medical Center in New York. "Just slathering it on and doing

nothing else isn't going to cut it because, even with sunscreen, there's still up to a 50 percent risk that you'll burn."

You also need to seek shade between 10 a.m. and 4 p.m. when sunlight is strongest; cover up with clothing, a broad-brimmed hat, and UV-blocking sunglasses; do regular skin self-exams; and get a professional skin evaluation annually.

Myth No. 2: SPF measures levels of protection against both UVB and UVA rays.

Reality: The SPF (sun protection factor) measures only the level of protection against UVB rays. But several of the 16 active ingredients approved by the Food and Drug Administration for use in sunscreens also block or absorb UVA rays, says Warwick L. Morison, M.D., professor of dermatology at Johns Hopkins Medical School and chairman of the Skin Cancer Foundation's Photobiology Committee.

Ingredients include: avobenzone (Parsol 1789), octocrylene, titanium dioxide, and zinc oxide, as well as the recently approved Mexoryl SX. Make sure one of these is in your sunscreen, or look for products labeled "broad spectrum," which means they protect against UVB and UVA rays.

Myth No. 3: Some sunscreens can protect all day.

Reality: "Regardless of the SPF or what the label says, sunscreens must be reapplied every two hours," Fusco says. "The active

ingredients in most products begin to break down when exposed to the sun." Only physical blockers such as zinc oxide stay potent after two hours, but not all sunscreens are made with these ingredients.

Myth No. 4: Some sunscreens are waterproof.

Reality: The FDA does not recognize the term "waterproof," so don't count on sunscreen to last through hours of swimming. The agency does recognize "water/sweat/perspiration resistant" (which means a product offers SPF protection after 40 minutes of exposure to water) and "very water/sweat/perspiration resistant" (which means it still protects after 80 minutes). To be safe, reapply sunscreen after swimming or sweating.

Myth No. 5: A sunscreen can provide "total sunblock."

Reality: "No sunscreen blocks 100 percent of UV rays," Fusco says. An SPF 15 protects against 93 percent of UV rays, SPF 30 protects against 97 percent, and SPF 50 wards off 98 percent. You should slather two tablespoons on your body a half-hour before going outside, so the sunscreen has time to absorb into your skin.

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POOL SCHEDULE

SUMMER

2011

Jenny Thompson Pool 516-6085

Pool Schedules Effective June 20th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-11am Rental	7am-11am Rental	7am-11am Rental	7am-11am Rental	7am-11am Rental	7am-11am Rental	9am-11am Masters Practice
11am-12pm Adult Lap	11am-12pm Adult Lap	11am-12pm Adult Lap	11am-12pm Adult Lap	11am-12pm Adult Lap	11am-1pm Adult Lap	11am-1pm Adult Lap
12pm-4pm Rec Swim	12pm-4pm Rec Swim	12pm-4pm Rec Swim	12pm-4pm Rec Swim	12pm-4pm Rec Swim	1pm-6pm Rec Swim	1pm-6pm Rec Swim
4pm-730pm Lap/Rec 1-2 Lanes	4pm-730pm Lap/Rec 1-2 Lanes	4pm-730pm Lap/Rec 1-2 Lanes	4pm-730pm Lap/Rec 1-2 Lanes	4pm-730pm Lap/Rec 1-2 Lanes		

Children under 12 must have an adult on the premises with them.

All children under 45" tall must have an adult in the water with them.

The Indoor and Outdoor pools will close during thunder/lightning storms.



The Jenny Thompson Pool will be closed and the Dover Indoor Pool will be open the following days

due to swim meets:

July 15, 16 & 17

August 6 & 7

	Daily	Punch Ticket(12)	Seasonal Outdoor
RESIDENT			
Adult	\$5.00	\$50.00	\$50.00
Senior	\$3.00	\$30.00	\$30.00
Youth	\$3.00	\$30.00	\$30.00
NON-RESIDENT			
Adult	\$10.00	\$100.00	\$100.00
Senior	\$6.00	\$60.00	\$60.00
Youth	\$6.00	\$60.00	\$60.00

Indoor Pool Rental \$120.00/hr
Thompson (Outdoor) Pool \$150.00/hr

2011

Monday Thru Friday

11:30am-1pm Adult Lap Swim

Age 2 and under swim for free!